

Panic attack and suicide risk

A multivariate logistic regression analysis of a national epidemiological survey

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Introduction

Suicide represents a significant public health problem and current risk factors are not necessarily successful in differentiating those who will attempt suicide from those with suicidal ideation only. Therefore, further research is needed to understand factors associated with risk of suicide attempt. Past research has indicated a possible association between panic disorder and suicide, though findings have been inconclusive and have not necessarily considered types of panic attack or specific panic symptoms.

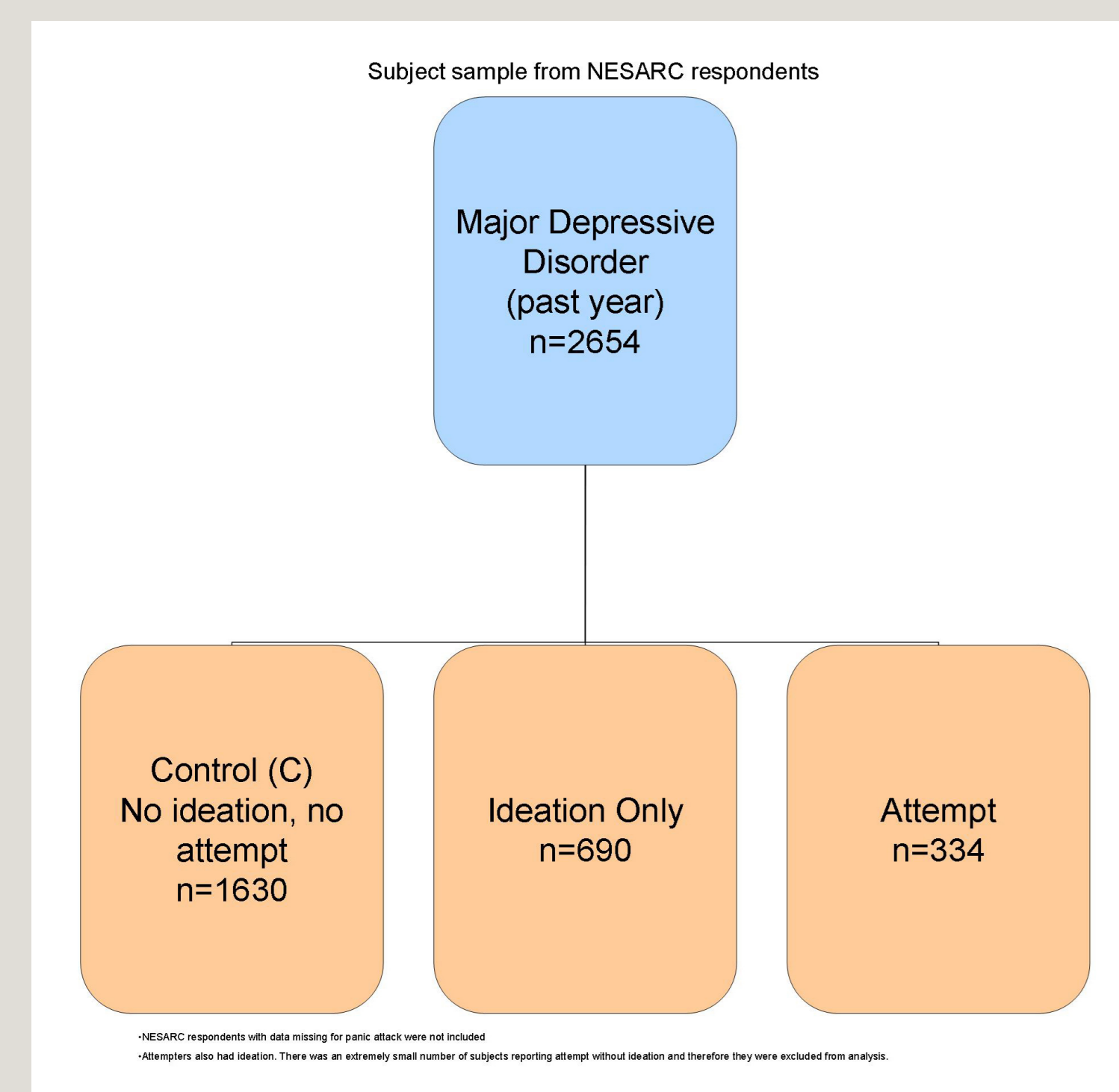
Objectives

To assess panic attack as a risk factor for suicide attempt and its ability to differentiate those who attempt suicide from those with ideation only.

Materials & Methods

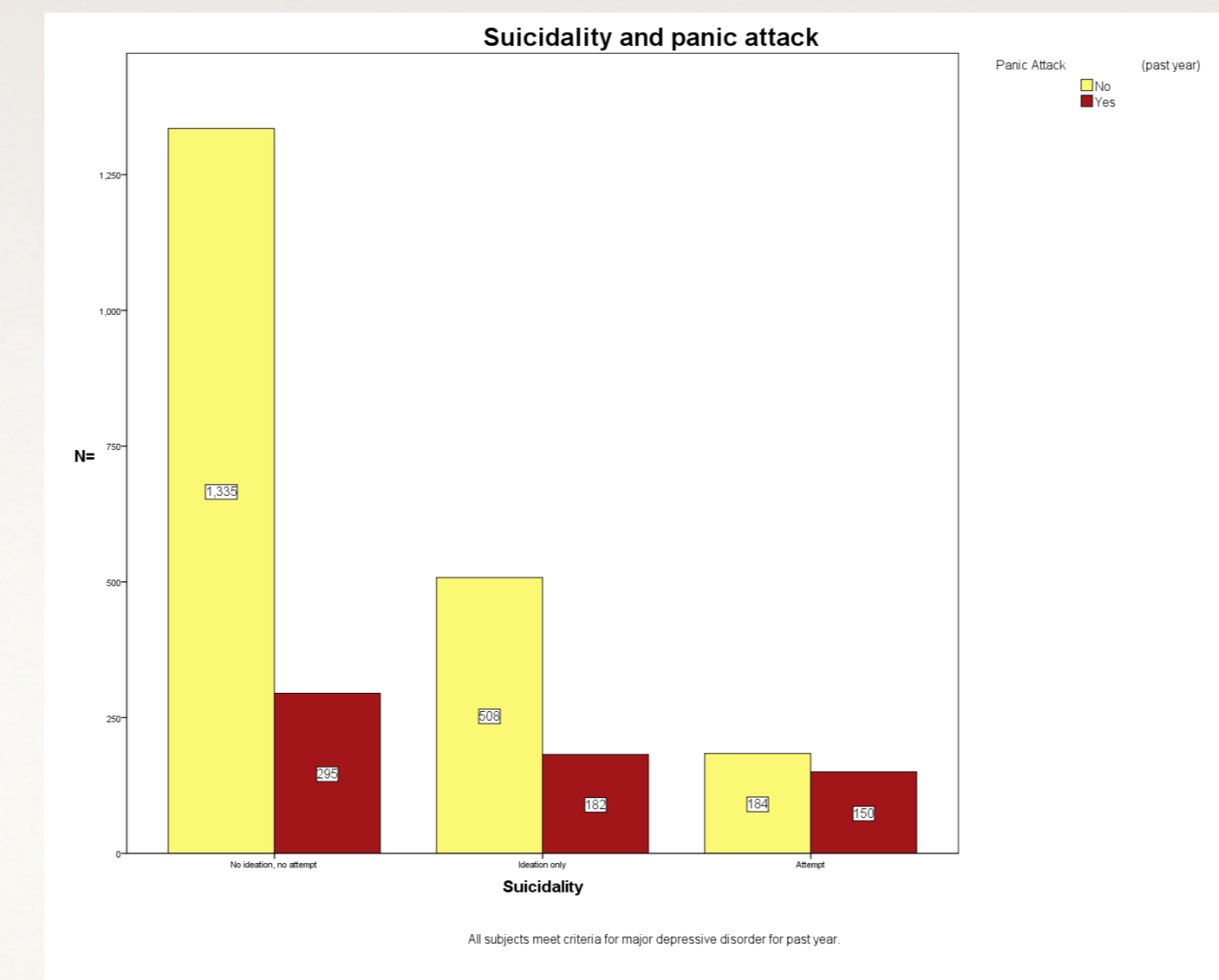
The National Epidemiological Survey of Alcoholism and Related Conditions (NESARC)

- Representative epidemiological survey of 43,093 U.S. adults
- *Statistical Analysis*: Multivariate logistic regression controlling for socio-demographic and clinical variables
- Analysis limited to respondents with a past year major depressive episode (n=3485)



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Results



Variable	Attempt (vs. ideation only)	
	AOR	95% CI
Panic attack	2.035*	1.674-2.473
Socio-demographics		
Gender (F vs. M)		
Male (Reference)		
Female	1.204	.964-1.502
Race or ethnicity		
White	.737	.297-1.827
Hispanic/Latino	1.113	.446-2.782
Black	.944	.360-2.473
Other	1.585	.659-3.813
Age		
18-29 (Reference)		
30-44	.989	.798-1.226
45-64	.580*	.451-.747
>64	.168*	.104-.273
Education, years		
0-11 <i>Some High School or less</i> (reference)		
12 <i>High School</i>	.482*	.346-.673
13-15 <i>Some College</i>	.731	.529-1.011
≥16 <i>College+</i>	.366*	.260-.514
Urbanicity		
Urban	.911	.687-1.208
Suburban	.947	.704-1.273
Rural	1.000	1.000-1.000
Alcohol disorder	1.150	.939-1.409
Illicit substance disorder	.889	.639-1.236
Personality disorder	1.522*	1.258-1.842

- Groups with and without a past year panic attack had similar demographic and clinical characteristics.
- Respondents with past year panic attack had increased odds of suicide attempt vs. suicide ideation.
- When comparing SI and SA to respondents with no ideation or attempt (C), those with past year panic attack had increased odds of SI and SA.
- *Pot-hoc analysis*: The addition of generalized anxiety disorder (GAD) did not change results and anxiety was not associated with increased odds of attempt.

Conclusions

- In depression, panic attacks are associated with increased odds of suicide attempt even after controlling for demographic and clinical variables.
- Panic attacks can differentiate those who attempt suicide from those with ideation only.

References

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